



The Network News



News, information, ideas and resources to help grow emotionally healthy school and education communities across Tameside and Glossop

Welcome to the second edition of The Network News. The pace of change is faster than ever right now and the ideas and hopes for what schools will and will not look like changes each week as we get new updates from government.

One thing that there does seem to be agreement about is that the impact of Covid 19 will be widespread and long-lasting. The disruptions to young people's education, friendships and social opportunities, along with the anxiety about the virus itself, is likely to mean that more than ever attention to the promotion of good emotional well-being will be part of all education settings priorities. We know that achievement and true access to all the curriculum offers can only take place when a child is emotionally healthy.

Supporting young people back into school after such a long unplanned break will require a new and non-traditional approach to the start of the school year come September.

Powerful words from a young person:

"When I return to school please start with where I am and not where you think I should be. I don't want to catch up; I want to see my teacher and my friends. I want to feel safe and secure while I try to make sense of a new normal"

As we all begin to adjust to a new normal this edition will bring you lots of information and resources including:

- Kooth Assemblies and Families in Mind - New Mental Health Support Services
- Anna Freud interim schools link programme
- Raising Confident Kids Programme
- Resources to support transitions back into school
- A chance for your young people to become well-being champions and help design our new emotional well-being service

Please don't forget to send us your stories or information that you would like to have included. We want to hear about your whole school emotional well-being work and share it with others!

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Kooth.com

Ages 11-18

Online support for young people

We would like to remind you of the availability of our online service to support the **wellbeing** and **resilience** of your students.

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit [kooth.com](https://www.kooth.com) where young people can register and others can find out more about the service.



kooth



Training sessions for school staff on the Kooth service:

* **Tuesday 14th July 10.30am -11.30am** - school staff can book on here: <https://www.eventbrite.co.uk/e/111862571964>

* **Wednesday 15th July 10.30am-11.30am** - school staff can book on here: <https://www.eventbrite.co.uk/e/111863225920>

Book your place now to find out more!

Get Kooth along to your assembly to talk to young people. Dates available from next week! Contact Dez@xenzone.com to arrange

Please also consider including Kooth information on your websites and in newsletters to parents 😊

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Raising Confident Kids Project



Raising Confident Kids is an exciting project that is going to be offered to primary schools in Tameside and Glossop from September 2020, delivered by clinical psychologists and mental health practitioners from local services.

The programme aims to inspire and empower parents of young children with anxiety difficulties to support their child to grow up to be a confident and happy individual. Parents will be educated on concepts, ideas and techniques that could support with reducing their child's current anxiety as well as potentially reducing the likelihood of anxiety difficulties later in life.

The project is for parents of children in Year 2. Each school will have four places on the course.

The Healthy Young Minds Team will be in contact with schools to share more detail in the near future.



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New Service- Families in Mind



What is Families in Mind?

The service is delivered by Tameside, Oldham and Glossop MIND and provides low level family support for families who are experiencing some challenges/difficulties they would like to work through together.

What does it involve? – The practitioners will work with your family through a range of engaging activities that can help families to understand their difficulties and achieve goals as a family.

To book an assessment:

Call: 0161 330 9223

Email: office@togmind.org

To find out more, double click on the link that is embedded here:



FiM information
sheet.pdf



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Anna Freud Link Programme



Anna Freud National Centre for Children and Families

Representatives from schools and Colleges across Tameside and Glossop took part in The Interim Approach to Joint Working: The Link Programme, two online sessions delivered by the Anna Freud Centre.

These free online sessions brought together education, early help and mental health professionals to identify challenges around the mental health of children and young people in Tameside and Glossop as a result of COVID-19. In the second session attendees will collaboratively develop solutions that can be implemented to better support children and young peoples' mental health and wellbeing.

There was a good discussion regarding the challenges we face, some of which are Covid-19 related:

- 1) Primary emotional well-being provision - long term need to improve this
- 2) Exhausted staff - particularly heads/ capacity to deal with all conflicting priorities
- 3) Capacity of teachers to have the time to deal with supporting pupils
- 4) Managing the transition of return to school
- 5) Inconsistency across schools in their recognition of mental health
- 6) Communication of the school / local offer is not clear
- 7) CYP anxiety about rules, return, going out, living their lives
- 8) Supporting parents' mental health and supporting parents to support their children

The second online session is on 13th July from 2pm-3pm, watch out for our update following this....

THIS COULD BE YOU.



- Can you help shape the mental health and wellbeing agenda for schools across Tameside and Glossop?
- Do you have a passion and a desire to see mental health and wellbeing a strength in all schools?

With the establishment of this Network we are seeking the support of Head Teachers in each area across Tameside and Glossop. We need these leads to build and encourage support for the Network meetings. As well as championing best practice, the Leads will help to identify challenges within each area to help steer how they may be addressed.

We would love to hear from any Head Teacher that would like to help make a difference. As always, roles can be rotated annually. If you would like to discuss this further, please contact Robin Elms by email: relms@thomasashton.tameside.sch.uk or phone 0161 368 6208....but please be quick!

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Worth it!

A new CYP Community Emotional and Mental Wellbeing Offer is being developed. Important to this, is ensuring we are co-producing the offer with children and young people right from the start. We are therefore pleased to inform you 'Worth-it Positive Education CIC' has been commissioned to facilitate the engagement and co-production with children and young people throughout the development of the offer.

'Worth-it Positive Education CIC' is a social enterprise that specialises in supporting the application of evidence-based approaches that build positive mental health in children and young people. 'Worth-it' will be partnering with Tameside and Glossop Strategic Commission to support the co-production of a child and young person community emotional and mental wellbeing offer. 'Worth-it' will be engaging with children and young people aged 10-18 over the next few weeks, to understand which outcomes are important and essential to them for developing emotional wellbeing in their community. 'Worth-it' will be reaching out to organisations, groups and schools across Tameside and Glossop and will be in touch with some further information about how the young people you work with can be involved in this exciting project, and make a real difference to all young people in their community. If you are interested and want to find out more please email us on info@worthit.org.uk or contact Charlotte Lee via charlotte.lee@tameside.gov.uk. Yes..... it's worth it!!!

Get your children and young people involved by becoming well-being champions:

<https://www.worthit.org.uk/blog/listening-and-designing-emotional-and-mental-wellbeing-support-for-children-and-young-people-in-tameside-and-glossop/>



Become a Tameside & Glossop
WELLBEING CHAMPION!





We are recruiting Wellbeing Champions from Tameside & Glossop to help us understand what you want in an emotional wellbeing service for children and young people in your area!

Are you...	Do you want to...	Then Click Below to Apply
<p>Aged between 10 & 18?</p> <p>From Tameside & Glossop?</p> <p>Interested in helping your community and friends?</p>	<p>Participate in a series of online summer activities?</p> <p>Improve your confidence, communication & self-awareness?</p> <p>Gain experience to help in college, university and job applications and interviews?</p>	<p>Ages 10-15: worthit.org.uk/tgwc-apply-10-15</p> <p>Ages 16-18: worthit.org.uk/tgwc-apply-16-18</p>

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Covid 19 Resources-

Supporting Children back into School

There have been so many resources developed during the pandemic that it's been hard to keep up with them all. They have been flying at people from all angles.

Here are 3 websites that are worth keeping up to date with as they will have copies of the most commonly used and approved resources for Emotional Health and Well-Being :

GM Mental Health in Education Programme resources site:

<https://hub.gmhsc.org.uk/mental-health/covid-19-resources/>

Anna Freud Schools in Mind site:

<https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/>

<https://www.annafreud.org/insights/news/2020/05/mentally-healthy-schools-coronavirus-toolkits/>

Local information for supporting transition back into school. Double click on the link below to download lots of really useful resources including:

- Guidance from the Education Psychology Service on transition
- Staff wellbeing
- Trauma informed approaches
- Emotion coaching
- Helping children with Autism
- The importance of play



Transition.zip





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Free webinars that DfE has been organising, in collaboration with PHE and NHS England

1. **Supporting pupil and student mental wellbeing webinar:** 9th July 10-11am, targeted at school and college staff to help them understand the impact of the pandemic on CYP MH and wellbeing and how they can support returning CYP.

For further information and to sign-up: <https://www.eventbrite.co.uk/e/110796856380>

2. **RSHE curriculum webinar:** 7th July, targeted at school staff to help them deliver the new RSHE curriculum for pupils with SEND, including supporting their mental wellbeing.

Further information can be found here: <https://registration.livegroup.co.uk/rshesend>

3. **Local partnerships supporting schools/colleges with CYP mental health webinar:** 14th July 2-3:30pm, targeted at local MH service providers, commissioners, LA and VCS leads to highlight the emerging MH and wellbeing needs of CYP as a result of COVID-19, create the opportunity to learn from other systems' experiences and knowledge of developing responses to support CYP during the crisis and illustrate the importance of cross-organisational partnership.

For further information and to sign up: <https://www.eventbrite.co.uk/e/110988638004>



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